



# SPORTS & RECREATION

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## Hunter softball champions prove more than "Just Enough"

Jennifer Hartwig

Hunter Army Airfield Public Affairs

On a steamy evening, the Hunter Army Airfield National League Champion team "Just Enough" brought the heat against Company D, 4th Battalion, 3rd Combat Aviation Brigade softball team in the Hunter Army Airfield Installation Level Softball Championship Game, June 21, winning in decisive fashion, 24-2.

From the very first pitch, the champions proved to be much more than enough, and after the first inning was up 4-0 – they never looked back. Their offensive supremacy was obvious, as an eight-run third inning gave them a 13-1 lead.

Just Enough is, in their own words, a "very diverse team," made up of retirees, active-duty Soldiers, Family Members and an Airman. Most of the team members are tournament softball players – meaning they play year-round, and they believe their experience is why they didn't lose a game all season.

"Our strength is that we practice a lot – probably three times a week," said Allen Hunter, a Defense Department Civilian who works for Veterans Affairs and the husband of an active-duty Soldier. "I think the difference in the game today was, I think they were a little intimidated because we didn't lose any games this year – and we scored a lot of runs early.

Company D, 4/3 Avn. lead off batter Drew Fitzpatrick and Just Enough's Eric Lawton each earned a commander's coin as his team's most valuable player.

**Editor's note:** Hunter Army Airfield Sports Director Mike Hughes contributed to this article.



Photo by Jennifer Hartwig

**The Army Airfield Installation Level Softball Champions team, Just Enough, pose with their championship trophy after defeating Company D, 4/3 Avn., 24-2, in the championship game. The team, made up of retirees, active-duty Soldiers, Family Members and an Airman, finishes the season undefeated.**

## Physical fitness contest winners earn cash prize, inspire others



Photo by Renee Reese

**First place winners in the "Biggest Loser" contest, Douglas Burgess receives his certificate for losing 30 pounds from Hospital Commander Col. Paul Cordts during an awards ceremony, June 23. According to Lt. Col. Thomas Hundley, the creator of the program credited Col. Paul Cordts for his role in supporting the six-week course. "This is the Commander's program," Lt. Col. Hundley said. "He was the one concerned about the health of his command... leading from the top down."**

Renee Reese

Fort Stewart Public Affairs

Civilians win cash, a prize and received the title "Biggest Loser" during Winn Army Community Hospital's awards program, June 23. Chief of Logistics Lt. Col. Thomas Hundley created the six-week competitive weight loss program with support from Hospital Commander Col. Paul Cordts.

"This program is the Commanders program," Lt. Col. Hundley said. "He was the one concerned about the health of his command... leading from the top down."

Colonel Cordts proudly read the inscription on each of the winners' plaque during the program at the Patriot Auditorium.

"Maintaining a healthy lifestyle through mental, physical and spiritual fitness to achieve total health... get it tight, get it right," Col. Cordts read.

Husband and wife team, Douglass and Loretta Burgess took home first place. Loretta, a hospital employee, lost 26 pounds that resulted in a 4.6 percent body fat reduction. Douglas, a bus driver with Liberty County school system,

lost 30 pounds and shaved-off 5.4 percent body fat.

Runner-up in the male category was Rob Hutchinson who lost 19 pounds. Brenda Porch, who was not present for the ceremony, was the announced runner-up in the female category for losing 21 pounds.

According to Lt. Col. Hundley, the program has grown in popularity throughout the year. The first contest started back in January with 42 participants. This second class had more than 60 participants to include Family Members and children.

Contest winnings is not the only focus, but developing and maintaining a healthier lifestyle is the goal for each participant.

"I along with the commander donated money for this program, just to encourage people to get serious about their weight loss," Lt. Col. Hundley said.

Susan Gregory, the first winner, lost a total of 50 pounds and quit smoking. According to Lt. Col. Hundley, she gave back the cash prize because she received the biggest reward a healthier lifestyle.

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## Fort Stewart Soccer Camp empowers youth

Renee Reese

Fort Stewart Public Affairs

Fort Stewart's Child, Youth and School Services program kicked off a week-long soccer camp for youth ages 7 and up, June 27-July1. Schools of Knowledge, Inspiration, Exploration and Skills Unlimited partnered with Athletes Global Sports Academy to offer instructional based learning for youth wanting to learn soccer fundamentals.

"I wanted to give children a new experience," said Amber Vega, program specialist. "Instructional learning empowers children to become more self-reliant and successful."

According to Vega, Athletes Global a non-profit organization, offers sports clinics for everything from wrestling to cheerleading.

Thirty four children participated in the camp. In addition to soccer basics, youth gained knowledge on speed and agility to remain competitive on the

field.

The structured clinic and instructor kept children engaged despite warm temperatures.

"Everything went well on our first day," Vega said. "The kids came ready to learn and improve their soccer skills."

"The most important thing my son has taken away from these sports camps is that he has learned the fundamentals that one must learn to fully function in the sport," said Family Member Jerry Cobb. "My son Ian has participated in baseball, football and now soccer camp that have been offered at Fort Stewart."

The SKIES Unlimited program is designed to expand and support academic life skills and athletic experiences to military-connected children, according to Vega.

For more information on summer camps offered through SKIES Unlimited, contact Parent Central Services at 912-767-2312 or visit [www.webtrac.mwr.army.mil](http://www.webtrac.mwr.army.mil).



Photo by Jennifer Scales

**Soccer provides a sense of esprit de corps at an early age, as #24 Cortney Welch, now 14 years old can tell you. Playing Soccer since the age of 2, Cortney learned the fundamentals of the game, which in turn keeps on top of her academics, as noted by Amber Vega, SKIES program specialist.**



## 5/7 Cav hosts "Bring your kid to PT!"



Pfc. Emily Knitter, 1-3 HBCT

**Children of Soldiers with 5th Squadron, 7th Cavalry Regiment, 1st Heavy Brigade Combat Team, perform the "high jumper" during "Bring your kid to PT!" day June 24. The children were invited to come along to see exactly what mom or dad does every morning.**

## Rock climbing for enjoyment



Photo by Renee Reese, Fort Stewart Public Affairs

**Seven-year-old Grace Foster climbs to the top of the climbing wall located at Corkan Family Fun Center, June 20. She joined her eight-year-old sister Emma and seven-year old cousin Dylan atop of the rock. Rock climbing is just one of many activities at the facility. "Corkan Family Fun Center is a fun and inexpensive way for little ones to enjoy themselves," said Family Member Suzanne Foster.**



## Take me out to the ball game!

Photo by Spc. Matthew Vogler

**Sergeant Christopher Lowe, Company B, Warrior Transition Unit, throws out the first pitch during the Savannah Sand Gnats game vs. the Augusta Greenjackets, June 24.**



# FPCA signs new athletic director

**Patty Leon**  
Frontline Contributor

Saying it was God's calling, Jimbo Hale is enthusiastically ready for his new role as the athletic director for First Presbyterian Christian Academy.

Hale officially started his job around May 27, replacing outgoing AD David Jones, who spent two years at FPCA.

"I really felt God was telling me to move on it," Hale said. "I was happy at Long County, where I was coaching at before. I was the assistant football coach and also a PE teacher. I wasn't looking for a job, but God works in a mysterious ways. Mrs. (Amy) Swindell (FPCA's former headmaster) approached me and told me there was going to possibly be an opening and asked me if I was interested and it went from there. One thing led to another and here I am."

Jones said his time at FPCA was memorable.

"I had two enjoyable years and it was a new experience," Jones said. "I've had a career where I've had a variety of experiences from rural high schools to inner city schools ... leading up to my 12 years at Bradwell Institute, which was like an international experience in a sense because you had students that came from

all over the world ... and then a private school, which was small. I had never been in a school that had so few students, and that was interesting in itself.

"I worked with a good staff and was fortunate enough to be associated with my friends Ernie Walthour, Jay Osteen, Jerry Kicklighter and David Linderman, to name a few among many. I was blessed to coach some good kids and see some of them off to college, so it was another chapter in my long book and I hope to continue doing something else to add another unit."

Hale said he has a list of things to do at FPCA, but unity is priority No. 1.

"The biggest task is going to be creating a sense of unity among our athletic sports teams," he said. "We want our softball athletes supporting our soccer athletes and our soccer athletes supporting our tennis athletes and so on. That is going to take a little work because up until now it's kind of been each team for their own."

He said he also wants to get the athletic program at FPCA well established in the Georgia Independent School Association.

"We really want to do the best we can in doing the right thing in every aspect of our athletic program, and one of the first things that it's going to take in order to do that

is to have all of our sports teams unified," Hale said.

He said he is working on a four-year plan that will help develop more school spirit, and it all starts with developing the students' and athletes' character.

"We are going to talk about living life based on Biblical principles and Biblical truths," he said. "We have six core values that we are going to stress in that regard."

Jones' departure also left a vacancy for the men's basketball coach. Hale said he was thrilled to learn the job recently was accepted by Ernie Walthour.

"Coach Walthour is an integral part of our program," Hale said. "He supports it and he is a big fan and he does a great job at the St. James Community Center. Those kids over there are really fortunate to have a guy like him. He is a big character (building) guy and he fits right in with what we are trying to do here at First Presbyterian."

Hale said the main emphasis is building the programs and helping the kids develop from the ground up.

"Teaching them to do right in every aspect of their lives ... that will be the true measure of our success," he said. "If we win, we will be ecstatic, but the ultimate measure of success will be how these kids turn out 10-15 years down the road and what kind of citizens they are."

## FITNESS

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Team Burgess, current contest winners, kept each other motivated throughout the program.

"Working as team was a driving force... I have not seen him this small in years," said Loretta.

Loretta now refers to Mr. Burgess as actor Denzel Washington in the making because of his new look.

"We have been doing things together for almost 42 years," said Douglas. "...the diet part was hard for me, but she pushed me."

Customizing the program for participants along

with motivation proved to be the perfect combination.

"I try and make the program fit everyone, it's a beginner's class," Lt. Col. Hundley said. "Even though we do some high pace things, you only have to do what is in your comfort zone... I will give you alternate exercises. I consider this to be our fitness meeting, and I'm just the chair person of the meeting."

Participants who join the program become part of a rewarding and life changing journey according to Lt.

Col. Hundley. He encourages everyone to become more health conscious and incorporate movement each day.

"Stop trying to get the closest parking spot... park further so you can get some extra steps in each day and be consistent," said Lt. Col. Hundley.

Fort Stewart community members are encouraged to workout Monday-Thursday with the Winn Army Community Hospital Family. To learn more information, call 912-435-6813.

## Go Teams! 2011 Co-Ed Softball Champs



**1st place team, Team S.W.A.T., coached by Krystal Johnson.**



**2nd place team, Chicks with Sticks, coached by Barbara Vespa.**